

My Stroke **Guide**

For professionals

Online support 24/7 for you
and your patients

Visit mystrokeguide.com today.

Stroke
Association



Stroke can change lives in an instant, but recovery is possible. As a healthcare professional, you need the best tools and resources to support your patients and their family after stroke. My Stroke Guide is here to help support recovery.

Information

Our online support tool offers reliable information about different types of stroke, risk factors and secondary conditions as well as guidance on how to improve health and mental wellbeing. As well as information for stroke survivors, you may also want to direct family, friends and carers to My Stroke Guide. There's a dedicated section where they can find out more about stroke, and how they can best support a loved one as well as reduce their own risk of stroke.

Videos

There are over 200 helpful videos covering a range of topics including fatigue, aphasia and mobility difficulties. These videos may help you to explain how others manage the effects of stroke and rebuild their lives.

"My Stroke Guide provides me with practical support and encouragement. It's like having a friend at your side"
Bill - stroke survivor

Friendly forums

Our online community and friendly forums can connect your patients to thousands of stroke survivors and carers. The forums are a great place to ask questions, share experiences, stories and tips with people who understand. They can also connect you with other healthcare professionals.

"Bill wanted to get back to driving. Hearing what others on My Stroke Guide have gone through really helped"
Andrea - Carer



We know that patients, their family and friends benefit greatly from My Stroke Guide when a healthcare professional introduces it to them. They report that it helps them to better understand stroke, and that it is possible to rebuild their life.



My Stroke Guide is accessible via a desktop PC, laptop, tablet or smartphone at any time of day.

If you'd like to know more, or if you patients need help getting started:

Visit: mystrokeguide.com

Email: mystrokeguide@stroke.org.uk

Join thousands of professionals, stroke survivors and carers.

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